

Dee-ni' Nu-u-wee-ya'

SMITH RIVER RANCHERIA TRIBAL NEWSLETTER

Lha' Num-nii~ma~s (January) 2012 - Volume 19, Issue 1

Rancheria Supports Community



On November 22, 2011, the Tribal Council presented Rural Human Services with a check for \$1,000 for Santa's Workshop. Tribal Council pictured from left to right: Loren Me'-lash-ne Bommelyn, Marian Lopez, Denise Padgett, Kara Miller, Joel Bravo, Joseph Giovannetti, and Lenora Hall. A donation report for 2011 may be found on page 5.

In this Issue

Events.....	3
California Environmental Quality Act	4
2011 Donations.....	5
Stress.....	6
Water Quality Monitoring.....	6
TERO.....	7
Family Fit Month.....	7
Elder Nutrition Menu.....	8
Update on See-waa-dvn.....	8
Food Drive / Community Luncheon...	9
Waa-tr'-vslh-'aa~dvn.....	10
Employee Spotlight.....	12
Mold & Mildew in the Home.....	13
Graduate Horizons.....	14
Signs of Abuse and Neglect.....	15
Beyond Swirly Bulbs.....	16
Holiday Debt.....	17
Stalking Awareness Month.....	18
Ch'ee-nvk-t'i.....	19

Lht'vsr-me'

The name of the village in this painting is Lht'vsr-me'. Lht'vsr-me' means "Sand-In-There". The English name of this village is Cushing Creek.

Lht'vsr-me' village was located south of Taa'-at-dvn (*Crescent-City*) along the flat sandy coast at the north end the palisades running south toward Wilson Creek cove.

This painting nicely illustrates the gable roof lines of the Dee-ni' home and the traditional round doors. Round doors honored the door ways of the great Pileated Woodpecker.

This ink wash painting of Lht'vsr-me' was rendered by Edwin Moore in 1854. This painting is the only known depiction of the Dee-ni' town prior to the destruction of our civilization during the Dee-ni' Holocaust from 1851 through 1856. Lht'vsr-me' remained a village through the 1920s.

On July 4, 1869, Lht'vsr-me' was the birth place of our ancestor matriarch Yuu-k'wvt-day-na. The English name of Yuu-k'wvt-day-na was Amelia Brown.

She lived one-hundred-ten years. Yuu-k'wvt-day-na was the most important contributor to the early Dee-ni' language texts. Born just fifteen years after the world-shattering Yan'-daa-k'vt Mas-sacre, her clear memory and articulate narratives came close to the yielding an encyclopedia of life as it was before the white invasion. Once when asked: "Grandma why haven't you told us this before?" she answered; "Because no one ever asked me before!"



Submitted by Loren Me'-lash-ne Bommelyn

**ATTENTION TRIBAL
MEMBERS**

**We do not have
addresses for:**

**Ivory Willburn
Kiyawna Willburn
Monica Livingston
Dawn Popanz
Jenell Howell
Scott Howell
Neal Lopez**

Please call the Enrollment Office to
update your address
(707) 487-9255 ext. 3120
Or send mail to:
Smith River Rancheria
Attn: Enrollment
140 Rowdy Creek
Smith River CA, 95567

**Lha' Num-nii~-ma~s (January)
2012**

All rights reserved. Smith River Rancheria Monthly Newsletter published by the Smith River Rancheria, 140 Rowdy Creek Road, Smith River CA 95567. Phone 707.487.9255. Guest editorials, letters to the Editor or columns do not necessarily reflect the opinions of the Tribal Council of the Smith River Rancheria or their Staff. The Tribal Council of the Smith River Rancheria reserves the right to use their discretion in the information they publish.

**Dee-ni' Nu-u-wee-ya' Publisher/
Editor**

Jessica Haas (707) 487-9255 ext 3221
jessica.haas@tolowa.com



Printed on 40% recycled
newsprint, using soy-based
ink.

January 2012

Sweetheart of a Car

Begins January 1st

Car Drawing
March 25th



Earn tickets all week for
a Gold ticket to win the car!
Drawings every Friday and Sunday
1 to 4pm & 6 to 10pm

Monday
5X
Points!

7 to 10am
&
7 to 10pm

\$7 Bounce Back



Use your card and
Earn 250 points this week...
for \$7 Free Play to use next Tuesday!

**LUCKY
7
CASINO**

HOT SEAT DRAWINGS

Win your share of

\$500

Wednesdays
2 to 5pm
Every half hour

Hwy 101 - Smith River, CA



(707)487-7777

Owned & Operated by the Smith River Rancheria - Management reserves all rights



Lhetlh-xat-ne (Tribal Council)

Kara Miller Chairperson	(707) 218-7723 kmillerr@tolowa.com
Denise Padgett Vice Chairperson	(707) 218-7719 dpadgett@tolowa.com
Loren Bommelyn Secretary	(707) 218-0197 lbommelyn@tolowa.com
Joel Bravo Treasurer	(707) 218-7720 jbravo@tolowa.com
Marian Lopez Member	(707) 218-0121
Dr. Joseph Giovannetti Member	(707) 218-6569 joseph.giovannetti@tolowa.com
Lenora Hall Member	(707) 951-9345 lenora.hall@tolowa.com

Na’sr-dvtlh-nvsh-dvn (Tribal Office)

Administrative Assistant, Devon White
- (707) 218-0177, devon.white@tolowa.com
Chief Financial Officer, Hank Shields
- (707) 487-9255, ext 3115, hank.shields@tolowa.com
Community & Family Services Director, Dorothy Perry
- (707) 218-7346, dperry@tolowa.com
Culture Department Director, Marva Scott
- (707) 218-5934, mscott@tolowa.com
Enrollment Specialist, Theresa Ferrer
- (707) 487-9255, ext 3120, theresa.buckskin@tolowa-nsn.gov
Grants & Contracts Manager, Cassandra Mitchell
- (707) 951-4255, cmitchell@tolowa.com
Housing Director, Earl Brown
- (707) 218-5935, earl.brown@tolowa-nsn.gov
Howonquet Head Start Manager, Ronda Ritchie
- (707) 218-6357, ronda.ritchie@tolowa.com
Human Resources Manager, Rachel Solomon
- (707) 487-9255, ext 2611
Information Technology Director, Darryl Yarak
- (707) 218-7724, dyarak@tolowa.com
Natural Resources Director, Brad Cass
- (707) 218-7504, bcass@tolowa.com
Project Coordinator, Nita Rolfe
- (707) 218-7782, nrolfe@tolowa.com
Recording Secretary/Front Office Sup, Jessica Haas
- (707) 487-9255, ext 3221, jessica.haas@tolowa.com
Social Worker, Paulie Boynton
- (707) 218-6005, paulie.boynton@tolowa.com
TERO Officer, Darrell Moorehead
- (707) 218-6174, dmoorehead@tolowa.com
THPO Officer, Suntayea Steinruck
- (707) 218-7868, sunsteinruck@tolowa.com
Tribal Administrator, Russ Crabtree
- (707) 218-7727, russ.crabtree@tolowa-nsn.gov
Tribal Court Administrator, Nita Rhodes
- (707) 487-9255, ext 3160, nita.rhodes@tolowa.com

Waa 'Ee-lee-te (Events)

Jan 5	WIC Services available at Smith River Howonquet Clinic 10:00 am - 2:00 pm. Call (707) 487-0215 for more information
Jan 6	Border Coast Regional Airport Authority Signing Ceremony, 1:00 pm Tolowa Event Center (see below)
Jan 10	Regular Session Tribal Council Meeting - 6:00 pm Howonquet Hall Community Center
Jan 12	Language Committee Meeting - 4:00 pm K’vsh-chu Tribal Office
Jan 13	February Newsletter Deadline
Jan 18	Self Defense for Women and Girls - 1:00 pm Howonquet Hall Community Center (see page 13)
Jan 18	Waa-saa~ghitlh-'a~ Lhetlh-xat (Culture Committee Meeting) - 5:00 pm Lucky 7 Casino, Nii~lii~ Me’-ne’
Jan 24	Regular Session Tribal Council Meeting - 6:00 pm Howonquet Hall Community Center

Assembly Bill 798 amends Section 6529 of the California Government Code to designate the Smith River Rancheria Tribal Council a “public agency” for the purpose of entering into the Border Coast Regional Airport Authority and other joint powers agreements (JPA) with Crescent City and Del Norte County that “assist, facilitate, develop or enhance sewer, storm water, drinking water or transportation services.”

On January 6th, at 1:00 pm, the Border Coast Regional Airport Authority will host a signing ceremony at the Tolowa Event Center for the Smith River Rancheria!

CONNECT WITH US

www.tolowa-nsn.gov
for news and announcements

Like us on Facebook:
Smith River Rancheria



Follow us on Twitter:
@TolowaDeeni



Call the Language
Department to find
out times and
locations for the
**COMMUNITY
LANGUAGE
CLASS**
(707) 487-9255

California Environmental Quality Act (CEQA)

Tribal Administrator, Russ Crabtree, attended several CEQA meetings throughout October and the following was his response to the process.

The Tolowa Dee-ni' are the original inhabitants of the coastline of Del Norte County. The Tolowa have lived in the area stretching from Wilson Creek in California to the South, the Sixes River in Oregon to the North, to the watershed on the Coast Range to the East, and to Point Saint George to the West since ancient times. Ethnographic and archaeological accounts document thousands of years of coastal fishing, sea mammal hunting, and harvesting within the Tolowa ancestral territories, including the fish camps as Dat Naa-svt and 8,000 years of occupation from Hiouchi, following the main course of the Smith River.

Ancestral Tolowa territory, within the boundaries of California, encompasses 955.1 square miles that include 32 fish-miles along the ocean and 35 fish-mile along the Smith River, a waterway draining a little over 600 square miles with spawning silver salmon, king salmon, and steelhead. Since ancient times, the Tolowa relied on oceangoing dugout canoes. Their territory does extend in the open ocean.

Tolowa ancestral territories are powerful cultural landscapes with ritual, spiritual, social and economic associations. Within the Tolowa territory, stretches of beach, river and rock are designated as localities where sweat houses and fish camps were established, where the first Salmon ceremony originated, and where ecological geographical features embody, and are infused by, ancient stories. The coastline is a large entity of traditional cultural importance, including the importance related to the marine resources for spiritual, religious, customary and subsistence uses of the tribes. Within the North Coast Study Region, there is a wealth of connection intertwined between California tribes and individuals that are both familial and evident in shared cultural traits.

The assertion by each California tribe of their respective ancestral and/or aboriginal lands and water are a matter for California tribes to resolve amongst ourselves, and not for the State of California to broach in any manner. It is unnecessary to address or resolve these issues as the Smith River Rancheria and the State of California move forward to address the matters related to the Marine life protection Act. Rather, this is a matter for resolution between California Tribes in the future.

Traditional Tolowa harvesting of marine resources has never been for individual use or exploitative gain. The Tolowa, now, as in the past, hunt, fish, gather, harvest, process, and distribute marine resources communally.

Pyramid Point: Proposed Marine Conservation Area

The Smith River Rancheria lands held in trust by the Federal Government for the benefit of the Tolowa, abuts the proposed southern boundary of Pyramid Point state marine conservation area (SMCA) Prince Island Rock is also federal trust property, since ancient times has been known as an excellent clam bed at its base.

The proposed Pyramid Point SMCA encompasses a series of prehistoric, historic, and modern day fish camps maintained by the Tolowa since

time immemorial. Ethnographic and archaeological accounts document thousands of years of coastal tribal cultural and religious uses, gathering and harvesting, including the fish camp at Dat-Naa-Svt or Pyramid Point SMCA boundaries.

To restrict or hinder these important cultural resources, along with displacement from the landscapes or seascapes considered by the Tolowa to be sacred, will directly impact, families and the community ability to sustain deeply held cultural and spiritual relationship with not only the species used, but associated species and habitats. This is a relationship that tribal people see as part of their ancestral responsibility. Entire coastlines within the ancestral Tolowa territory are important culturally, religiously, and spiritually, such as the area of proposed SMCA of Pyramid Point.

Point St. George Proposed Marine Conservation Area

Archaeological evidence supports prehistoric and historic occupation by Tolowa including: living houses, sweat houses, smokehouses, brush shelter, work for finishing flint, bone and antler tools. Assembling fishing nets and lines, cleaning drying and smoking fish and a cemetery and many other historical activities are found at Point St. George.

Southwest Seal Rock Proposed Special Closure

Northwest and Southwest Seal Rock are ancient sea mammal hunting grounds. In prehistoric and historic times the First Seal Lion hunts were held in July or August. Tolowa headsman determine the time of the hunt. Seal Rock is featured in ancient Tolowa stories.

Castle Rock Proposed Special Closure

Castle Rock is a site of historical line fishing, egg and seaweed gathering, and sea lion hunting. These culturally important resources along with any displacement from the landscapes or seascapes considered to be sacred, directly impacts on the individual, family's, and community's ability to sustain deep-held cultural and spiritual relationships with not only the species used, but with the associated species and their entire habit --- relationships that tribal people see two-way, and as part of their ancestral responsibility.

For these reasons, the Smith River Rancheria request that the CEQA process be extended for two weeks and that a meeting be held in Smith River, CA one of the most impacted tribal culturally significant areas on the North Coast.

Furthermore, the EIR process should actively engage the Tribal Historic Preservation Office of each respective tribe.

The Smith River Rancheria appreciates this opportunity to comment and looks forward to ensuring tribal views are recognized that achieve balance of Tribal Cultural and the eco-system is balance, which the tribes have always done and achieved for millenniums.

Submitted by Russ Crabtree,
Tribal Administrator

2011 Donations

Despite the increasing economic hardship experienced throughout 2011, the Smith River Rancheria Tribal Council authorized generous donations to community services, local sports, cultural events and support of many other activities.

Donated to:	Amount:
American Cancer Society	\$500
American Indian Film Institute	\$250
Azalea Festival Art Show	\$100
Boy Scout Troop 77	\$250
Boy Scouts of America	\$300
Breast Cancer Golf Tournament	\$500
Brookings Emblem Club	\$600
Brookings Harbor High School	\$1,000
Brookings Harbor Little League	\$250
Brookings Welcome Sign	\$500
California Basket Weavers Association	\$500
CASA of Curry County	\$3,000
CASA of Del Norte County	\$3,300
Child Abuse Prevention Council (CAPC)	\$500
College of the Redwoods	\$250
Community Assistance League	\$600
Crescent Harbor Gallery	\$250
Crescent Elk Cheerleaders	\$100
Crescent Elk Middle School Yearbook	\$50
Curry County Fair	\$7,000
Curry County Junior Livestock Auction	\$250
Curry County RSVP	\$100
Curry County Veterans' Memorial	\$2,000
Daily Triplicate	\$250
Del Norte Association for Cultural Awareness (DNACA)	\$1,000
Del Norte County 4-H	\$500
Del Norte County 4th of July	\$2,500
Del Norte County Fair	\$2,000
Del Norte County Recreation Dept	\$600
Del Norte County Unified School District	\$200
Del Norte High School	\$1,000
Del Norte Historical Society	\$500
Del Norte Little League	\$500
Del Norte Scholarship	\$1,000
Del Norte United F C	\$200
DVCC	\$1,000
Edie Mendiola Fundraiser	\$100
Elks Lodge Brookings	\$600
Eureka Rescue Mission	\$500
Friendship House	\$1,000
Future Farmers of America	\$300
Genevieve Markussen	\$200
Hoopla Basketball Tournament	\$275
Howonquet Head Start	\$500
Humboldt State University (HSU)	\$750

Donated to:	Amount:
Indian Creek Hatchery	\$500
Lighthouse Repertory Theater	\$250
Lisa Richards	\$500
McClure for Supervisor 2012	\$250
MCL / Calvin E Murphy Det #578	\$1,350
Men's League Basketball	\$500
Mike Thompson	\$1,000
Native American Club	\$500
Neuter Scooter	\$200
North Coast Roller Derby	\$250
North Coast Summer Band Camp	\$250
Northcoast Marine Mammal Center	\$250
Northern California Indian Development Council (NCIDC)	\$500
NPR - HSU	\$250
NPR - SOP TV	\$250
Oasis Shelter Home	\$300
Redwood Coast Junior Rodeo	\$200
Rural Human Services	\$1,000
Tracy Whipple Fundraiser	\$100
UIHS Soccer Team	\$250
Tribal Youth Activity Reimbursements	\$4,675

This list does not include the rental fees waived at meeting facilities and the hours of Rancheria and Casino staff, and Council members that participated in community events as organizers and volunteers.

CHILD CARE ASSISTANCE PROGRAM

If you live in Del Norte or Curry County and need help paying for child care while you work or go to school, Smith River Rancheria Community and Family Services may be able to help.

We are currently accepting applications for the Child Care Assistance Program (CCAP); a federally funded program administered by Smith River Rancheria.

The CCAP provides a subsidy to help families pay for licensed child care in a child care center or family day care home. Families who qualify for CCAP pay a nominal share of their total monthly child care expenses.

To request an application or more information, please contact Leann Babcock at 707-487-9255 ext. 3131.

*Submitted by Leann Babcock-McCallum
CFS Program Technician*

Stress

Signs and symptoms of stress are screaming at us, but are we listening?

Definition of stress: A physical or emotional element that causes bodily or mental tension and may be a factor in disease causation.

Do you think you're stressed? What about your coworkers? Your answer is probably, "Not me. Other people are, but I can deal with my stress."

We consider ourselves invincible and strong. Officers watch out for their crews, but who is looking out for them? As emergency service personnel we need to take a hard, honest look at ourselves and see if we have any of these signs and symptoms of stress:

- general irritability or depression;
- impulsive behavior or emotional instability;
- insomnia and restlessness; and drug and alcohol abuse.

If you have any of these signs and symptoms, there are many control techniques that you can try to help you resolve or cope with your stress:

- environment and mind:
 - reduce external sources of stress,
 - talk about your issues by finding a confidant,
 - have a positive attitude and find your "happy place"; and
- body:
 - exercise,
 - rest, and
 - proper diet.

Studies show that in the emergency services, heart attack, cancer, and stroke are the most common causes of death. Can the root of these illnesses be caused by stress and is stress our number one killer?

High levels of stress may result in depression, restlessness, or even substance abuse.

Submitted by Brad Cass
Natural Resources Director

Water Quality Monitoring

The purpose of assessing and monitoring the water quality on the Smith River Rancheria is to establish baseline data for future monitoring of surface and ground water quality and quantity on the Smith River Rancheria with respect to human drinking and household water needs. Monitoring of Rancheria waters is based upon the beneficial uses assigned to each stream and the potential point and non point source pollution which can be attributed to the activities taking place in each watershed. The purposes of these water quality monitoring efforts are for the collection of data, which is and will continue to be used in the development and implementation of future water quality standards and other management programs. Grants from the U.S. Environmental Protection Agency (U.S. EPA) have been awarded to the Smith River Rancheria (e.g., General Assistance Program, Clean Water Act 106, Source Water Assessment, Clean Water Act 319) to build and establish environmental protection services. The Smith River Rancheria will use both in-house and contracted services for the assessment and monitoring. Water Quality on the Smith River Rancheria needs continual assessment to ensure the health and well being of the many Tribal members and guests who depend on local water sources.

The initial objectives of the data gathering activities conducted as part of the water quality assessment and monitoring are to develop a baseline database of measurements that can be used by the Tribe to develop water quality standards, prioritize restoration and land management planning needs and track water quality trends within the Smith River Basin. These efforts also provide the Tribe with the necessary baseline data from which to assess restoration project effectiveness, the health of the fishery, and physical and biological changes.

The goal of our monitoring program is to provide collection, analysis and data of known and defensible quality and ensure that data generated by any collection participant is comparable. The Smith River Rancheria Water Quality Monitoring Program addresses water quality both in drinking water sources (surface and ground water) and surface and ground waters not used as drinking water sources.

Collaboration/Coordination:

The Smith River Rancheria has in place a Water Pollutant Discharge Ordinance and a Water Quality Ordinance and an Emergency Powers Resolution which establishes the emergency powers authority of the Tribal Council, upon receipt of evidence that a pollution source or combination of sources is presenting an imminent and substantial endangerment to the health of persons or to the welfare of persons where such endangerment is to the livelihood of such persons, may bring suit on behalf of the tribe in any court of competent jurisdiction to immediately restrain any person causing or contributing to the alleged pollution to stop

the discharge of pollutants causing or contribution to such pollution or to take such other action as may be necessary.

Water Quality Monitoring Program Design:

There are several threats to the integrity of the watersheds of Lopez Creek, Gilbert Creek, the mainstream Smith River, lower estuary, and the Pacific Ocean coastline, all of which are important water bodies to the Smith River Rancheria. An incredibly high water table in the area causes many septic systems to fail during the rainy season. The problem has been qualified through dye testing, which identified obvious failures at two properties. Effluent leaking from failed septic systems creates the possibility for contamination of not only the coastal zone, but also of the drinking water supply and related riparian zones. Raw sewage ponded on the ground surface also poses a definite health threat to residents.

Threats from timber harvesting, mining claims, local pesticide use and other farming and grazing activities are widespread. In addition, illegal dumping, culverts that are impassible to fish, and the treat from a chemical spill on Highways 101,197 and 199 are issues of concern. Many Tolowa cultural practices rely upon clean water. These assessments are primarily based on Tribal experience, anecdotal knowledge and professional qualitative observations. Sampling sites have been assessed and selected based on potential impacts to the above indicated parameters.

Monitoring activities on Lopez Creek will continue to keep the Tribe assessed of the water quality of the Howonquet Community Water System directly above the water intake facility. Potential issues caused by both humans and animals are assessed in order to provide safe drinking water to the Tribe and guests to the Rancheria. Other periodic monitoring further upstream will be conducted due to concern from timber harvest activities in the above watershed area.

Monitoring activities on the Smith River are conducted to determine the water quality with Tribal concerns over agricultural uses (pesticides, fertilizers, etc.), timber harvest activities, dairy farms, and wastewater disposal activities of adjacent lands (both of private residential septic systems and disposal from Pelican Bay State Prison) upstream of dedicated sampling sites. Continued subsistence and recreational uses of the river are of major concern to the Tribe.

Monitoring activities on Gilbert Creek were determined due to Tribal concern from above timber harvest activities, agricultural uses, and continued housing development with subsequent increased population density in this watershed area.

Continued on page 7

Water, continued

As the receiving waters from all of the above sources, future monitoring activities along the Pacific Ocean coast line of the Rancheria will be determined to assess all of the above concerns.

Monitoring options consist mainly of grab sampling and the use of continuous monitors with multiple probes. Plans for installing a fixed monitoring station for continuous monitoring and event specific measurements were realized in 2011 on Lopez Creek. An additional fixed monitoring station is planned in 2012 for Gilbert Creek. Monitoring of designated sites is conducted on an average of three times per week by the Water Resource Technician.

The fundamental core set of Water Quality Indicators assessed by the Tribe consist of the following:

- Temperature
- pH
- DO
- Turbidity
- Salinity
- Conductivity
- E. coli
- Total Phosphorus
- Total Nitrogen

Water Quality Monitoring Results:

In general, the water quality in this area is high although surface water varies seasonally. We have noticed no indication of serious problem with water quality. We will be embarking upon non-point source construction funding in 2012/2013 to address the possible causes of this on Lopez Creek by bank stabilization immediately upstream of the intake for the Smith River Rancheria Community Water System. This erosion if not mitigated could cause a significant amount of sediment into the creek and possibly entirely block to flow to the tribal infiltration gallery and the Tribe's ground water well which is under the direct influence of surface water.

The Smith River Rancheria has not yet developed or implemented Tribal water quality standards. Interim standards to be implemented while Tribal standards are under development will generally duplicate federal and State of California standards, including the National Primary Drinking Water Standards, and the North Coast Regional Water Quality Control Board Basin Plan. State of California Title 22 drinking water standards may be used as secondary source for Tribal interim standards. Jurisdiction and enforcement of these standards is the responsibility of the Smith River Rancheria Tribal Council.

*Submitted by Tessa LaFazio,
Natural Resources Program Specialist*

Tribal Employment Rights Office

Looking for a JOB? Interested in learning a new skill? Tell me about it!! Send me an email, letter, or give me a call and let me know what skills that you need to learn in order to find your place in the work force. If you don't know what skills you need that will give you that competitive edge to finding a job, schedule an appointment with me to discuss your work history and interest. I welcome suggestions and ideas addition to times and dates that work best for you. TERO is designed to help you gain a job or improve your current employment. Please send your suggestions to me at darrell.moorehead@tolowa.com or by calling 707-487-9255 ext. 3190.

NEW JOBS COMING TO OUR AREA

One of the best ways to find a job is keeping your eyes and ears open for new opportunities. Wal Mart is expanding to become a "SUPER STORE", which will create the addition of **30 positions** for stocking this month, **another 30** in February, and **20 more** over the coming year. While most of these positions start out as part time they often work up to a full time job. Wal Mart only accepts applications on- line through their web site. Members without internet access may use a computer in the TERO office dedicated for job searches and training.

Bi-Mart is building a store in Brookings on Railroad and will need cashiers and stockers. Contact the employment office in Brookings,16261 Highway 101 Suite #11, for more information even though the store is still under construction.

Submitted by Darrell Moorehead, TERO Officer

January is Family Fit Lifestyle Month

Let's kick off a new year with making healthy choices for you and your family.



1. Start by eating healthier. Eat more:
 - Fruits and Vegetables.
 - Eat a health breakfast every morning.
 - Meats that are baked, boiled or roasted instead of fried.
 - Cut out high fats: Whole Milk, 2% milk, Chips, Junk food.
 - Cook with vegetable oils instead of butter.
 - Make routine meal times.
2. Setting up a physical activity for you and your family:
 - Your family physical activity should last at least 30 minutes.
 - Walk, ride bikes, nature walks.
 - Play games that are physical and enjoyable for everyone.
3. Make goals:
 - Make a healthy grocery list each week.
 - Make a list of physical activities you and your family will enjoy.



Making these changes in you and your family's life can help decrease the chances of having Heart Disease, Diabetes, Stroke, and/or High Cholesterol. Let's be Healthy!

Submitted by Leann Babcock-McCallum, CFS Program Technician



Elder Nutrition Menu - January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 HOLIDAY	3 Stroganoff	4 Soup & Sandwich	5 Meatloaf	6 Chicken Pot Pie
9 Macaroni & Cheese	10 Teriyaki Chicken	11 Chili	12 Tuna Loaf	13 Salisbury Steak
16 HOLIDAY	17 Enchilada Casserole	18 Chicken Noodle Soup	19 Liver & Onions	20 Breakfast
23 Red Beans & Rice	24 Spaghetti	25 New Soup	26 Ham & Cheese Casserole	27 Stuffed Cabbage
30 Soup & Egg-salad Sandwich	31 Oven Fried Chicken			

Lunch served @ 12:00 pm

Reserve Lunch @ 707.487.4463
Menu Subject to Change

101 Indian Court
Smith River, CA 94438

Tai Chi - Every Wednesday, 12:30 pm
RepChem 3rd Wednesday

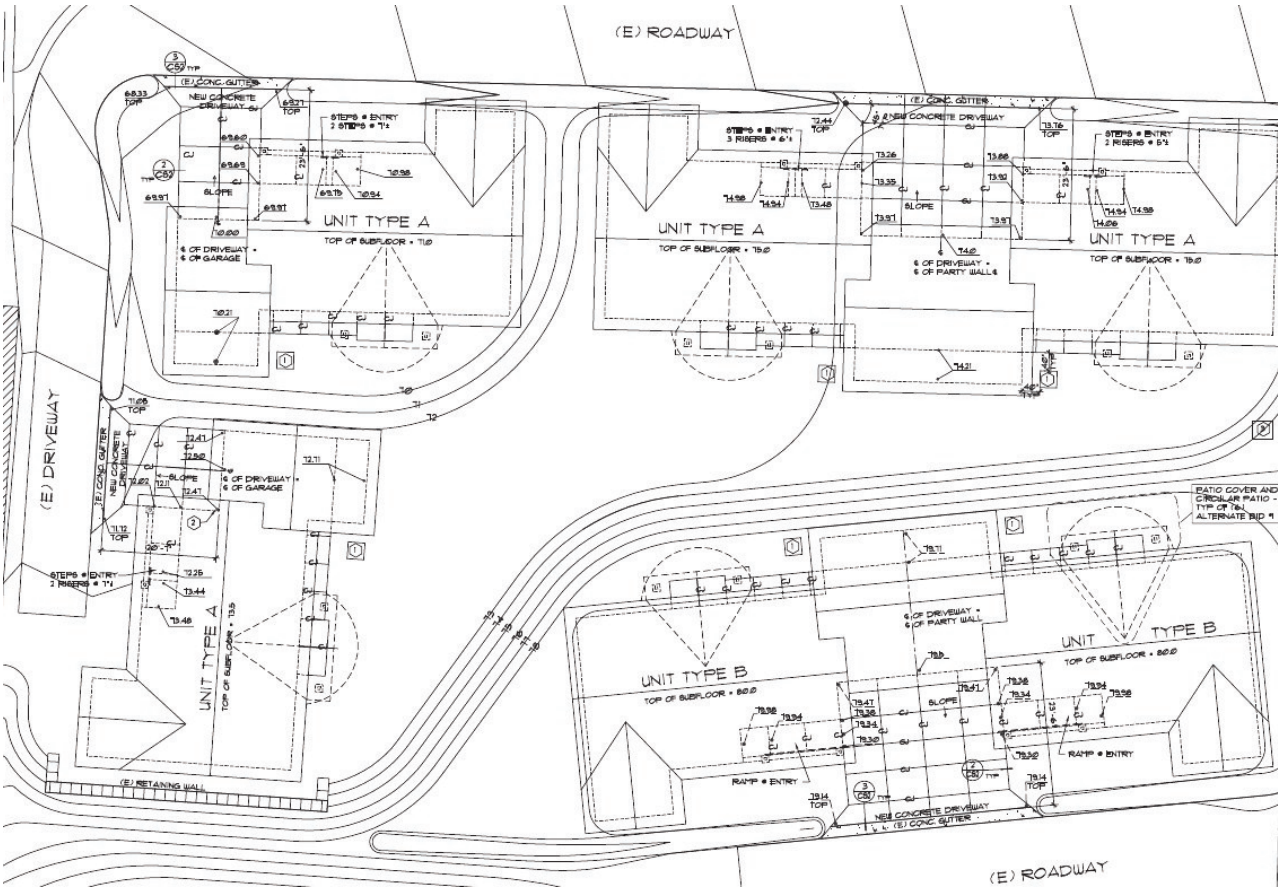
Suggested donations:** **Elders 55 + \$2 (some elders may qualify for free lunches)** **Under 55, \$7

Update on See-waa-dvn (Rock Beside Place)

At the end of this week (Dec 9th, 2011), all of the footings and stem walls will have been poured along with the garage slabs in the two duplexes. We will start installation of the floor framing at the beginning of next week. The framing construction will start with Building No. 1 (the duplex closest to Prince Island Rd.) and the plumber will immediately follow the completion of the floor framing to install the rough plumbing. This entire process will roll through all four buildings.

As soon as the plumbing rough-in is completed, we will begin the framing of the buildings. We are hoping to install the roof trusses January 9th on Building No 1. The roofing will be installed immediately after sheeting is installed on the trusses. The buildings should, at this point, begin to look like houses.

While the weather will allow, we are installing the underground utilities. This construction requires dry weather, and so far, Mother Nature has been kind to us. It is imperative that all Tribal members maintain a positive attitude with respect to the weather so that we can get all four buildings dried-in as quickly as possible!



Submitted by Malcolm Champlain, Housing Project Manager

Food Drive / Community Luncheon

The Community and Family Services Department thanks everyone who participated in the Community Food Drive/Luncheon on November 17th 2011. The CFS Staff especially thanks the Lucky 7 Casino Marketing Staff for showing up as a group. CFS collected approximately 100 pounds of donated food.



Waa-tr'vslh-'aa~-dvn (Culture Place)

Where to begin? Someone might ask where do I start and what do I need to make a **chaa-'i'** *shell / ceremonial dance dress*? Making any kind of **Nee-dash Nat-tr'vsh** *dance regalia* is a feat in and of itself, which is a wonderful accomplishment by anyone's standards. This work takes creativity, persistence, time, and money. Most of us are not independently wealthy so an endeavor to obtain all of the materials may take a long time and much effort. For those wanting to know the materials needed to make a **chaa-'i'** *dance dress* and where to find the materials will find this article extremely helpful. I will be providing a running list of the materials and some suggestions where to find or buy the materials needed to make a **chaa-'i'** *dance dress*.

The **chaa-'i'** *dance dress* takes two deer hides regardless of the desired size of the completed **chaa-'i'**. It is the size of the deer hide that determines the size of the **chaa-'i'**. For example, a little girl's **chaa-'i'** is made from smaller-sized deer hides while a larger-sized deer hide is needed for a young girl or a woman. The best formed hide of the two is used for the back of the **chaa-'i'** while the other hide is used for the fringe of the **chaa-'i'**.

The back of the **chaa-'i'** can be made by **na'lh-xat** *hand-sewing* on the **naa-set** *shells*, by **yee-tr'u~k** *hand-wrapping* on the **naa-set** *shells* with **t'uu-telh** *bear grass* or by **yee-'i~sh** *stringing* **mvtlh-xwee-ne'** *pine nuts* or **naa-gha'sr-detlh-yu'** *beads* on to the **chaa-'i'**. The photo on the left shows a **yee-tr'u~k** *hand-wrapped* **chaa-'i'**. The photo on the right shows **mvtlh-xwee-ne'** *pine nuts* strung on the **chaa-'i'**. The method of **yee-tr'u~k** *hand-wrapping* takes much longer to make than **na'lh-xat** *hand-sewing* or **yee-'i~sh** *stringing*.



The **san** *apron* is the second part of the **ch'aa-'i'**. The photos below show the **san** *apron*.



The **san** *apron* is made of **lhch'vms** *canvas*, **ste'** *leather*, **naa-set**, and **naa-gha'sr detlh-yu'** *beads*.

Continued on page 11

Waa-tr'vslh-'aa~-dvn (Culture Place), continued

The following is a partial list of the main items needed to create a **chaa-'i'** along with some suggested vendors to locate and purchase your materials, tools, and items needed to begin your lifelong interest and work to further our ancestor's knowledge, culture , and heritage within the lives of our posterity, both born and those yet to come into the world.

Chaa-'i' materials list:

Suggestions for purchasing materials:

Ste' *Deer Hides*

Black Powder Rendezvous Vendors (4th of July at Rowdy Creek Rod and Gun Club, Smith River, CA.)

Chvsh-tr'e *Fur*

Reed Alton, P.O. Box 84, Korbelt, CA 95550
707-496-4338

Naa-set *Shells*

Chuck Snell, 410 Main St., Trinidad, CA 95570
707-677-3334

Lha'k'wa'sr-t'i *abalone shells*

Bill Snell, 460 Main St., Trinidad, CA 95570
707-677-3334

Naa-gha'sr detlh-yu' *beads*

Baker Bay Bead Company, www.bakerbay.com
35655 Shoreview Drive, Dorena, OR 97343
541-942-3941

Fire Mountain Gems and Beads
1 Fire Mountain Way, Grants Pass, OR
800-423-2319 www.firemountaingems.com

Shipwreck Beads, www.shipwrecks.com
8560 Commerce Place Drive, NE
Lacey, WA 98516 – 800-950-4232

Lhch'vms *Canvas/cloth*

Fabric Stores at various locations

In addition to the main items needed to make a **chaa-'i'** there incidental materials and tools needed such as: leather-cutting scissors, sinew, thread, needles (various sizes and types), pine nuts, juniper berries, clam shell, abalone shells for making the hair ties, hair wraps, necklaces, and background beads.

All are welcome to contact me at 707-954-0711 for details on the things needed to get started. Your imagination and creativity are essential to envision and visualize your end-product. There is great satisfaction in the entire process of regalia making from envisioning your work to gathering the items needed to create your artwork. This is an art our ancestors completed with much less technology, in terms of, leather-cutting scissors, needles, and synthetic sinew, for example. Our ancestors must be asking the question of us: "What is taking you all **so** long? We **did** this and so **can** you." We need these important articles to properly perform our **Nee-dash** *feather dance ceremony*. Should you be moved to do this work, you are welcome to attend our 6:30 pm Sunday night class held at the Howonquet Hall Community Center (HHCC), Smith River, CA. (Photos used from the Smith River Rancheria Filevault Image Files. Source: National Museum of American Indians.)

Submitted by Sheryl Steinruck

CULTURAL MONITORS NEEDED!

Are you interested in protecting cultural resources?

If so please contact

Suntayea Steinruck

(707) 487-9255 X 3180

sunsteinruck@tolowa.com

Employee Spotlight



Don James, a Smith River Rancheria Tribal member, was born and raised in Crescent City by his parents Leonard James Jr. and Donna Kassens. He is the grandson of Jean and Leonard James Sr., and the great-grandson of Jasper James and Lottie White. Don remembers, at the age of 9, picking lily bulbs with his Grandma Jean. With the money he earned that summer, he bought a "ghetto blaster" stereo, which was a big thing for him at the time.

Over the years, Don has worked at various jobs including roofing, fishing and wild land firefighting. He has also worked for Rays Food Place and been a baker. Don began working for the Smith River Rancheria's Natural Resources department 5 years ago. Since that time, Don has attended many training workshops and become licensed as *Treatment Operator III for Drinking Water, Distribution II for Drinking Water, Wastewater Treatment II, Wastewater Collections II*, and he is also a *Backflow Prevention Assembly Tester*.

These are great accomplishments, even

more so because he "aced" the courses says his coworker, Tessa LaFazio. In the future, Don would like to receive more education on wastewater and natural resources so that he can "serve our people in a good way".

Don has two children, his son Curtis James is 18, and his daughter Sabrina Hess is 14. He also has a granddaughter, Ye'wome'y, who will be 2 years old in February. Don and his family just moved into a new home on the reservation. Lately, most of his spare time has been spent working on the property and home.

Don is a "laid back" kind of guy who likes to keep an open mind, and see the positive in everything that he can. Knowing how fast times goes by, Don likes to spend as much time as he can with his family.

Don's supervisor, Brad Cass, said that the Natural Resources Department and Smith River Rancheria are fortunate to have a dedicated worker like Don. On numerous occasions, Don has gone above and beyond to protect the tribe's resources. In the eyes of a supervisor, Don's competent management of the Wastewater Treatment Facility keeps it running smoothly and efficiently.

Submitted by Debbie Boardman, Receptionist



Sheryl Steinruck was born in Crescent City and raised in Fort Dick by her parents Eunice Henry Bommelyn and James Bommelyn. Her maternal grandparents were Billie Henry and Alice Charley. Sheryl is also a descendent of Julia Dawson, who was a survivor of the Hayfork Massacre of 1852, in which more than 150 Natives lost their lives. Sheryl is a Smith River Rancheria Tribal Member, she is active in various Tribal committees and Tribal activities. Sheryl grew up learning the culture and history of her family from her parents and other family members. She was greatly influenced by her aunt, Laura Scott, the oldest sister of her mother. Sheryl's Aunt Laura took on a "grandmothers" role in Sheryl's life, teaching her the practical things in life including fishing and canning. She also learned from her Aunt Laura the way she should live her life and how to treat other people. Sam Lopez also played an important part in Sheryl's childhood. Sam was a Tolowa singer and dance leader, he was instrumental in restoring the Nee-dash Ceremony and teaching Dee-ni wee-ya' to younger generations. When Sheryl was in the 8th grade she began taking Tolowa language classes. She learned a lot from the elders and the stories they would tell during class.

Continued on page 13

Sheryl graduated from Del Norte High School in 1972 then moved to Arcata and lived there for 20 years. In 1976 Sheryl graduated from Humboldt State University with a B.A. in Sociology. She was studying to be an elementary school teacher, but became a stay at home mom for a few years instead. Sheryl and her husband Don have been married for 37 years. They have a daughter, Suntayea, and a son, Jaytuk. They also have two grandchildren. As their kids got a little older, Sheryl decided it was time to go to work. In 1981, she began working for the Eureka City School District as an Academic Advisor for the Title VII Indian Education Program. Sheryl has had several jobs dealing with Native American social services, including being an advocate for law enforcement, a judge in the Tribal Court system, and a juvenile probation officer. She has also worked for a job training office and various UIHS programs.

Sheryl first began working for the Smith River Rancheria in 1986 as a grant writer, and also served as Tribal Administrator. In 2004 she began working as a cashier at the Fuelmart, and then was promoted to general manager. Sheryl also worked as the Program Manager for the Howonquet Day Care Center. She currently works as a Language Specialist II for the Culture Dept.

Sheryl has traveled most of the West Coast and parts of the South West with her work. She also took part in the Smithsonian Folk Festival in Washington, D.C., as a Tolowa dancer and singer. Sheryl has also been to Oahu, Hawaii two times to visit her grandson's family.

In recent years, Sheryl lived in Eugene, Oregon for 21 months while she attended the University of Oregon. **"Go Ducks!"** She is working towards a Masters Degree in Linguistics. While attending the University, she met and became friends with a diverse group of classmates. In the future Sheryl would like to travel to see her new friends in their home countries of Korea, Germany, Pakistan, Africa, Japan and China.

Sheryl enjoys studying and teaching the Tolowa language and dancing, she is always willing to share her knowledge with others. Sheryl would like to remind everyone of the dressmaking classes held on Sundays at 6:30pm, in the Cultural Resource Center at Howonquet Hall Community Center.

*Submitted by Debbie Boardman,
Receptionist*



FREE Women's Self-Defense Class

When: Wednesday, 18 January, 1:00 pm – 4:30 pm

Where: Howonquet Hall Community Center

Open to women and girls, aged 12 and older.

Wear clothes you can move in; this is a hands-on class. Skills will be taught relative to your abilities!

We need a minimum of 15 people signed up for the class for it to happen. If you would like to attend, PLEASE call Andromeda at 487-9255 x3136.

This class is being presented by the North Coast Rape Crisis Team, and is sponsored by the Community and Family Services Department. The class is excellent and is a good opportunity for women and girls to learn some simple moves that provide good self-defense. Ladies, we hope to see you there!

Submitted by Judith Burke, Social Worker

Mold & Mildew in the Home

Most of us have seen mold or moisture around the home. But did you know that mold is alive? It's grown on wet or damp surfaces. It is often gray or black but can also be white, orange, or green. It can grow out in the open on places like walls, clothes, and appliances. But you may also find it in more hidden places-under carpets or in walls and attics. Mold often smells musty. **Mildew** is a common name for mold. If you live near the ocean or in a damp climate, as we do, there may be more mold in your home than in homes in other places.

Mold produces spores, tiny specks you can't see and that float through the air. When you breathe in mold spores, they get into your lungs. This can cause health problems. Peoples with allergies to mold may have reactions. They include watery eyes, runny or stuffed up noses, sneezing, itching, wheezing, trouble breathing, headaches, and tiredness. Mold can even trigger asthma attacks.

We are learning more about the health problems mold causes. Some molds can cause severe health problems in some people, but scientists disagree about what the problems are. Mold is almost everywhere, but it is not healthy to live where mold is growing. Because mold needs moisture to grow, try to keep your home and everything in it dry.

Action Steps

- Use downspouts to direct rainwater away from the house. Make sure your gutters are working.
- Slope the dirt away from your house's foundation.
- Repair leaking roofs, walls, doors, or windows.
- Keep surfaces clean and dry-wipe up spills and overflows right away.
- Store clothes and towels clean and dry-do not let them stay wet in the laundry basket or washing machine.
- Check the relative humidity in your home. You can buy a kit to do this at a home electronics or hardware store. Stop using your humidifier if the relative humidity is more than 50 percent.
- If the humidity is high, don't keep a lot of houseplants.
- Wipe down shower walls with squeegee or towel after bathing or showering.
- Cut down on steam in the bathroom while bathing or showering. Run a fan that is vented to the outside, or open a window.
- Run a fan vented to the outside when cooking.
- If you have a dryer, make sure it is vented to the outside.
- Use a dehumidifier or air conditioner to dry out damp areas.
- If you use a humidifier, rinse it out with water every day. Every few days, follow the manufacturer's directions for cleaning it, or rinse it out with a mix of ½ cup chlorine bleach and 1 gallon of water.
- When you use your air conditioner, use the "auto fan" setting.
- Throw away wet carpeting, cardboard boxes, insulation, and other things that have been very wet for more than 2 days.
- Increase airflow in problem areas-open closet doors and move furniture away from outside walls where mold is growing. Move your furniture around once in a while.

Submitted by Linda Tuttle, Housing Program Specialist

Graduate Horizons & College Horizons 2012

Special Announcement: The Harvard University Native American Program along with the Harvard University Graduate/Professional Schools will host the Graduate Horizons 2012 pre-graduate workshop June 16-19, 2012. GH is a four-day graduate admissions workshop for American Indian, Alaska Native, and Native Hawaiian college students, college graduates, and master's students who are preparing to apply for graduate school or professional school.

Summer Pre-College & Pre-Graduate Workshops for High School, College Students & College Graduates

<http://www.graduatehorizons.org/apply>

GH2012 at Harvard University - June 16-19, 2012

Graduate Horizons is a graduate admissions workshop for American Indian, Alaska Native, Native Hawaiian, and First Nation's students interested in applying to graduate school or professional school. Candidates work alongside graduate admissions officers, professors and deans, industry professionals, and other educators in a four-day "crash course" on the graduate admissions process. Only one workshop is offered every 2 years, the program is 4 days long (only 72 hours of class time) and is limited to 75-100 students. Candidates are required to participate for the entire program, late arrivals or early departures are not allowed – please plan accordingly and receive the appropriate permission for work, internship, or academic leave.

Who: College students & College Graduates interested in applying to graduate or professional school in 1-3 years

Deadline: February 6, 2012 (only 1 deadline to apply)

Workshop Dates: June 16-19, 2012 (Sat-Tues)

Applications Available on Website: www.graduatehorizons.org

Financial Aid Available for travel assistance. Fee to attend is \$225 - includes meals, lodging, linen, program materials for 4 days.

Contact: Carmen Lopez, Executive Director,
carmen.lopez@collegehorizons.org

GH 2012 - Get Help Applying to Graduate School or Professional School! Interested in law school, business school, graduate education programs, medical school, graduate public health programs, graduate programs in the arts/humanities, social sciences, fine arts, STEM areas, or graduate public policy programs? Interested in a doctoral program or a joint-degree program? Need help getting organized or fine-tuning your application to graduate school?

GH partners with 45 universities to allow admissions officers, professors, senior administrative staff, and professionals to mentor and advise students on the admissions process, professional/career development, and the various fields of study, research, and graduate programs available.

Participants will:

- select suitable graduate degree/professional schools to research/apply to
- receive tips/strategies on the admissions process, statement of purpose/personal statement/writing samples
- receive test-taking strategies/resources on the GMAT/GRE/LSAT/MCAT/DMAT
- learn how to prepare for and receive strong letters of recommendations (academic, personal, professional)
- understand the financial aid process and how to finance a graduate education
- hear from current Native graduate students on the challenges and strategies to being resilient and successful in graduate programs
- attend a Graduate Fair & informational sessions
- network with 100 other Native students/professionals.

And for high school students, check out the following:

College Horizons 2012

Who: Current 10th & 11th grade high school students

Deadline: February 6, 2012 (only 1 deadline to apply)

Workshop Dates:

CH2012 hosted by Kenyon College (Gambier, OH) - June 10-15, 2012 (Sun-Fri)

CH2012 hosted by the University of Pennsylvania (Philadelphia, PA) - June 24-29, 2012 (Sun-Fri)

Applications Available on Website: www.collegehorizons.org

Financial Aid Available for tuition and airfare. Fee to attend is \$225 - includes meals, lodging, linen, ground transportation, program materials for 6 days.

Contact: Christine Suina, Program Coordinator, info@collegehorizons.org

CH2012 - Get Help Applying to College

CH partners with 50 colleges/universities to allow admissions officers, expert guidance counselors, and educators to work one-on-one with students in the college application and financial aid process.

Participants will:

live and study on a college campus for 1 week

- attend a College Fair and informational sessions
- research and select 10 colleges to apply to
- receive tips/strategies on the admissions process
- complete the Common Application, college essay, and academic resume
- receive test-taking strategies/resources on the ACT/SAT
- complete a preliminary FAFSA, understand the financial aid process, and research 6 scholarships to apply to
- learn strategies and skills on transitioning to college and how to be successful as a Native student in college
- network with 100 other Native students at each workshop!

Submitted by Sii~xuutesna Marva Jones-Scott, Culture Department Director

Smith River Rancheria Education Department would like to inform you:

The American Indians Committee of the National Society Daughters of the American Revolution awards scholarships to Native Americans. This award is intended to help Native American college and technical school students of any age, any tribe, in any state striving to obtain an education. All awards are judged based on financial need and academic achievement.

To request an application or more information, please contact Leann Babcock at 707-487-9255 ext. 3131

The scholarship is a one-time award of \$1,000.

Deadline for National Society Daughters of the American Revolution:
American Indians Committee: April 1, 2012.

Recognizing the Signs of Abuse and Neglect

The first step in helping abused or neglected children is learning to recognize the signs of child abuse and neglect. The presence of a single sign does not prove child abuse is occurring in a family, but a closer look at the situation may be warranted when these signs appear repeatedly or in combination. If you do suspect a child is being harmed, reporting your suspicions may protect the child and get help for the family. Any concerned person can report suspicions of child abuse and neglect. The following are some signs often associated with particular types of child abuse and neglect: physical abuse, neglect, sexual abuse, and emotional abuse. It is important to note, however, that these types of abuse are more typically found in combination than alone. A physically abused child, for example, is often emotionally abused as well, and a sexually abused child also may be neglected.

SIGNS OF PHYSICAL ABUSE

Consider the possibility of physical abuse when a **child**:

- Has unexplained burns, bites, bruises, broken bones, or black eyes
- Has fading bruises or other marks noticeable after an absence from school
- Seems frightened of the parents and protests or cries when it is time to go home
- Shrinks at the approach of adults
- Reports injury by a parent or another adult caregiver

Consider the possibility of physical abuse when **the parent or other adult caregiver**:

- Offers conflicting, unconvincing, or no explanation for the child's injury
- Describes the child as "evil," or in some other very negative way
- Uses harsh physical discipline with the child
- Has a history of abuse as a child

SIGNS OF NEGLECT

Consider the possibility of neglect when **the child**:

- Is frequently absent from school
- Begs or steals food or money
- Lacks needed medical or dental care, immunizations, or glasses
- Is consistently dirty and has severe body odor
- Lacks sufficient clothing for the weather
- Abuses alcohol or other drugs
- States that there is no one at home to provide care

Consider the possibility of neglect when the **parent or other adult caregiver**:

- Appears to be indifferent to the child
- Seems apathetic or depressed
- Behaves irrationally or in bizarre manner
- Is abusing alcohol or other drugs

SIGNS OF SEXUAL ABUSE

Consider the possibility of sexual abuse when **the child**:

- Has difficulty walking or sitting
- Suddenly refuses to change for gym or to participate in physical ac-

tivities

- Reports nightmares or bedwetting
- Experiences a sudden change in appetite
- Demonstrates bizarre, sophisticated, or unusual sexual knowledge or behavior
- Becomes pregnant or contracts a venereal disease, particularly if under age of 14
- Reports sexual abuse by parent or another adult caregiver

Consider the possibility of sexual abuse when **the parent or other adult caregiver**:

- Is unduly protective of the child or severely limits the child's contact with other children, especially of the opposite sex
- Is secretive and isolated
- Is jealous or controlling with family members

SIGNS OF EMOTIONAL MALTREATMENT

Consider the possibility of emotional maltreatment when **the child**:

- Shows extremes in behavior, such as overly compliant or demanding behavior, extreme passivity, or aggression
- Is either inappropriately adult (parenting other children, for example) or inappropriately infantile (frequently rocking or head-banging, for example)
- Is delayed in physical or emotional development
- Has attempted suicide
- Reports a lack of attachment to the parent

Consider the possibility of the emotional maltreatment when **the parent or other adult caregiver**:

- Constantly blames, belittles, or berates the child
- Is unconcerned about the child and refuses to consider offers of help for the child's problems
- Overtly rejects the child

So many children are overlooked and unheard every day. As a survivor of child abuse myself, I prayed that **ANYONE** would listen to me or help me. Out of fear of my abuser restricting contact with them, my family remained silent and I endured 18 years of abuse. Please, if you suspect a child is being abused in any form, ACT! Your actions may not directly stop the abuse but they can be the first steps to preventing or ending the abuse. For more information on:

- **Child Abuse and Neglect** visit www.childwelfare.gov/can/index.cfm
- **Defining Child Abuse and Neglect** visit www.childwelfare.gov/can/defining/
- **Preventing Child Abuse and Neglect** visit www.childwelfare.gov/preventing/
- **Reporting Child Abuse and Neglect** visit www.childwelfare.gov/responding/reporting.cfm

Submitted by Andromeda Lopez, CFS Office Clerk

Source: www.childwelfare.gov/pubs/factsheets/signs.cfm



Beyond Swirly Bulbs



Federal regulations that will phase out inefficient bulbs spur new lighting options

LED bulbs, such as the Energy Smart model from General Electric, use 75-percent to 80-percent less energy than incandescent bulbs.

Children love chasing fireflies and catching them in jars. The real magic begins as the intermittent glow captivates the captors. That same sense of wonder is found in labs as scientists refine the process of making light-emitting diodes—highly-efficient light bulbs comparable to the glow of fireflies.

Manufacturers are searching for economical ways to contain a colony of LEDs in a single lighting shell. Just as children attempt to gather enough fireflies to make a lamp, an LED "jar" would create enough light output (lumens) to match that of traditional incandescent bulbs.

The research is part of a national effort aimed at redefining household lighting. Starting in January 2012, 100-watt incandescent bulbs—a technology developed in the United States by Thomas Edison in 1878—must become more energy efficient.

The U.S. Energy Information Administration estimates 13.6 percent of our nation's energy supply is used to keep the lights on. A lot of that power is wasted. If you have ever touched a traditional light bulb when it is on, you realize much of the energy—90 percent—is released as heat. That leaves a lot of room for improvement.

In 2007, Congress passed phase-in legislation that requires household light bulbs using 40 to 100 watts to consume at least 28 percent less energy by 2014 than traditional incandescents, saving Americans an estimated \$6 billion to \$10 billion in lighting costs a year. The law also requires light bulbs to become 70 percent more efficient than traditional bulbs by 2020. LEDs already exceed this goal.

"With shifting lighting options and consumers looking for every opportunity to save, navigating lighting solutions has never been so important," says David Schuellerman, GE Lighting's public relations manager.

The act does not actually ban incandescent bulb technology.

"It's equivalent to standards passed in the 1980s to make refrigerators more energy efficient," says Brian Sloboda of the Cooperative Research Network, a division of the National Rural Electric Cooperative Association. "Refrigerators use less than one-third of the electricity today than they did in the mid-1970s, but consumers can't tell a difference in how their food is cooled. The premise is, why not do the same for light bulbs?"

The improved efficiency requirements apply only to screw-based light bulbs. Specialty bulbs for appliances, heavy-duty bulbs, colored lights and three-way bulbs are exempt.

Look for New Labels

Consumers must switch from thinking about light bulbs in terms of watts (energy used) to lumens (light produced).

"Lumens, not watts, tell you how bright a light bulb is, no matter the type of bulb," says Amy Hebert of the Federal Trade Commission. "The more lumens, the brighter the light."

The FTC has designed a "Lighting Facts" label and shopping guide that compares bulbs with traditional incandescent bulbs based on wattages and equivalent lumens. Beginning in 2012, labels on light bulb packages will emphasize a bulb's brightness in lumens, annual energy cost and expected lifespan.

Residential bulbs will largely fit into three categories:

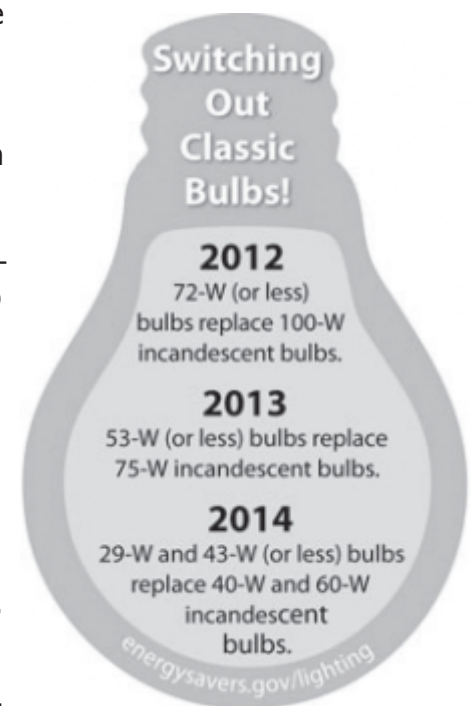
- Halogen incandescents, which use 25-percent less energy and last three times longer than regular incandescent bulbs.
- Compact fluorescent lamps, which use 75-percent less energy and last up to 10 times longer.
- LEDs, which use 75-percent to 80-percent less energy and last up to 25 times longer.

"CFL, halogen and LED technologies all offer energy savings, but at different intervals, and all with their own pros and cons," says Schuellerman. For consumers comfortable with their old incandescent bulbs, halogen incandescents will be an easy first step. Featuring a capsule of halogen gas around the bulb's filament, they are available in a variety of familiar colors and can be dimmed.

"Halogen offers a big efficiency advantage over standard incandescent bulbs," says John Strainic, global product general manager of GE Lighting. "It consumes fewer watts, while delivering a precise dimming capability and a bright, crisp light."

The most familiar options on the market today—and most economical—are CFLs. The bulbs are available in an array of colors and some can be dimmed. Always check the package to make sure a bulb meets your needs.

According to Schuellerman, CFLs generally are best used where lighting is left on for extended periods and full brightness is not immediately necessary. As with all fluorescent bulbs, CFLs contain a small amount of mercury—five times less than a watch battery—but should be recycled. Many retailers offer free CFL recycling. For details, visit <http://www.epa.gov/cfl>.



Continued on page 17

Beyond Swirly Bulbs, continued

Although still developing, LED lights, recessed fixtures and some lower wattage replacement bulbs are on store shelves.

"LEDs are the up-and-coming solution," says Schuellerman. "As they come down in price, homeowners will embrace them. Currently, most residential LEDs are used for outdoor lighting, where fixtures are left on for extended periods and changing bulbs is not easily done. LEDs are also great for linear applications like undercabinet lighting."

LEDs are more expensive than other options: a replacement for a 60-watt incandescent bulb costs \$30 to \$60. Costs will fall as manufacturers respond to growing consumer demand.

But LEDs are not without their problems. They have to stay cool to operate efficiently, and when several bulbs are placed together for a brighter, more consumer-friendly light, lifespan decreases. Many manufacturers are accounting for this by adding cooling elements. Some bulbs feature a spine design to allow air to flow around the base; others have fans built into the ballast.

Can You See a Difference?

Some consumers believe more efficient bulbs will not provide the same warm look and feel as classic bulbs. Schuellerman disagrees.

"Lighting technologies are advancing at such a rate that consumers won't notice a marked difference in the color of light from different technologies or how that light is dispersed," he says. "You also won't necessarily see a difference in bulb shape. Some consumers don't like the look of twist-shaped CFLs, for example, so we offer covered CFLs that look just like incandescent bulbs. We also have an LED bulb that is a replacement for a 40-watt incandescent, as well as halogen bulbs, that both are housed in incandescent-shaped shells."

The difference will be found on your monthly electric bill. More efficient bulbs use 25 percent to 80 percent less energy than traditional incandescents, and last much longer.

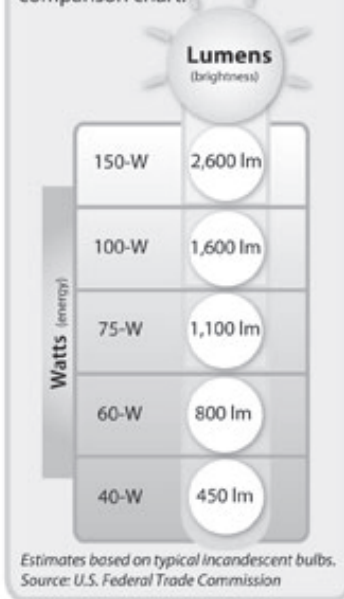
The U.S. Department of Energy says each household can save \$50 a year by replacing 15 traditional incandescent bulbs.

"With these new technologies, homeowners will be spending less on electricity bills for lighting and changing fewer bulbs," says Schuellerman. To learn more about lighting options, visit <http://www.energysavers.gov/lighting>. For details on the change and shopping tips, visit <http://www.ftc.gov/lightbulbs>. Megan McKoy-Noe writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association.

*Submitted by Malcolm Champlain, Housing Project Manager
Source: www.ruralite.com*

What to Look for When Purchasing Lightbulbs

Instead of shopping for watts, look for lumens. Here's a helpful comparison chart.



Holiday Debt????

Nursing the holiday debt hangover 6 tips to pay down holiday bills

The holidays are history (for several months anyway), and so we're now on to the next phase: paying for that fun, festivities, and gift giving. Many people are likely cringing right now as they open their credit card statements to see just how bad it is.

According to the National Retail Federation, Americans were expected to spend \$447.1 billion on gifts during the holiday season that just wrapped up. Most people don't save up for the splurges, so they're left paying for them now.

Do you still have holiday debt? Here are six tips to get it paid off:

- **Beat the minimum:** Save \$1 a day plus loose change. After a month, you'll have about \$40 more to add to your monthly payment.
- **Use the snowball effect:** When one card is repaid, add the previous payment amount to remaining cards. For a free debt repayment calendar, see www.powerpay.org.
- **Pare down:** "Find" money for credit card bills by reducing spending to "bare essentials" for a week or two. Make it a family challenge with an inexpensive reward (e.g., pizza) at the end.
- **File taxes early:** Get your tax form in the mail this month, and earmark any possible refund for holiday bills.
- **Work it off:** If it doesn't interfere with your primary job responsibilities, add a part-time job or take on a freelance project for a few months. If overtime is an option, you may want to check into that, too.
- **Transfer and consolidate:** Transfer credit card balances to a low interest credit card or debt consolidation loan if the interest savings is greater than the balance transfer or loan application fees.

These tips are just that, tips and suggestions. For financial and legal advice, please contact a professional or registered agency in your area.

*Submitted by Dorothy Perry, CFS Director
Reprinted courtesy of "Hope Health"
<https://www.hopehealthlibrary.com/index.aspx>*



URGENT

UPDATE HOUSING FILES



Smith River Rancheria Housing Department is asking everyone who has a Housing Application on file to provide us with *current information*. Since the New Year is upon us, we are reminding our members, who have Housing applications on file, to submit their 2011 Tax Transcripts upon completion of their taxes this year. These transcripts may be obtained (at no charge) by calling 800-829-1040. It is extremely important that we received current Income Verification.

Current information includes any changes in household size, income, address, email address or phone numbers (work, home and cell). The information provided to us is essential in contacting you when an opportunity arises. Only complete and current applications will be considered to receive housing services. **All applicants whose files are not current will be considered inactive and removed from the waiting list.** Thank you for helping to provide excellent housing opportunities.

Linda Tuttle, HPS
140 Rowdy Creek Rd
Smith River, CA 95567
707-487-9255 x3140
888-468-0139 Fax
linda.tuttle@tolowa.com

January is National Stalking Awareness Month



Stalking is not just something that happens to celebrities – it happens to three and a half million people every year in the United States. American Indians and Alaska Natives are stalked more than any one other ethnic group.

Stalking is a crime in all 50 states. It is a course of conduct directed at a specific person that would cause a reasonable person to feel fear. Stalking behavior can range from annoying and intrusive to terrifying and dangerous. It can escalate to violence and end in murder. Stalkers come from every level of society. Men and women may be stalkers. Both women and men may be stalked, though it happens more often to women. Stalking happens to kids and elders. While most stalking occurs during or after a relationship, or because the stalker *imagines* a relationship, it may have nothing to do with a romantic relationship. It is about power and control.

Stalkers may: Follow you and show up wherever you are. Repeatedly call you, including hang-ups. Damage your home, car, or other property. Send unwanted gifts, letters, cards, or e-mails. Monitor your phone calls or computer use. Use technology to track where you go. Drive by or hang out at your home, school, or work. Threaten to hurt you, your family, friends, or pets. Find out about you by using public records or on-line search services, hiring investigators, going through your garbage, or contacting friends, family, neighbors, or co-workers.

What can you do about it? If you are in **immediate danger**, call 911. **Don't communicate with the stalker**, because even negative attention will encourage them. Trust your instincts. Take **threats** seriously. Keep **evidence** of the stalking. Develop a **safety plan**. Tell **family, friends, and co-workers** about the stalking and seek their support. If someone you know is being stalked: listen, show support, and don't blame the victim for the crime.

We can help you at Community and Family Services (487-2089); call for more information. Or call the Stalking Resource Center (1-800-394-2255).

Submitted by Judith Burke, Social Worker

Right now extraordinary things are happening.

Right now...

- Somewhere someone is admiring a breathtaking sunrise, and someone else a surreal sunset.
- A soldier of sorts is diligently fighting the fight so you don't have too.
- Two best friends are laughing so hard they aren't even making any noise.
- There's a kid studying hard somewhere who aspires to get to where you are in life.
- Somewhere on earth a double rainbow is stretched from one end of the horizon to the other.
- Honest people are working for various entities just trying to get by.
- There is someone out there who smiles when they think of a specific moment they once shared with you.
- Volunteers in major cities all over the world are working at homeless shelters caring for those who are less fortunate than themselves.
- A grandfather is holding his granddaughter's hand and they're both smiling from ear to ear.
- A friend is helping a friend rise above thoughts of suicide.
- A future world leader is in grade school.
- Someone out there is missing you and looking forward to your next visit.
- Someone who has struggled with their weight for the last several years is standing on a scale and smiling.
- A mother is seeing her children for the first time, after her long battle with drugs and/or alcohol.
- Someone is holding the door open for the person behind them.

**...Right now is a new beginning, an opportunity and a new year.
Do something extraordinary!!!**

Submitted by Rebecca Prows, Social Services Aid

Ch'ee-nvk-t'i (Announcements)

Lha' Num-nii~ma~s (January) Birthdays

Jaci Arlandson	Tvsahiina Jacobs	Kenneth Payne
Lena Ault	Carl James	Lawrence A. Payne
Sarrah Balcom	Joshua James	Chamet Phillippi
Matthew Batini	Ronald James	Rhyan Philpott
Emma Benson	Day-chi-nes Jones	Vanessa Piazza
Tre Lynn Bentley	Hailey Joy	Joshua Pittman
Corey Betteridge	Jennie Joy	Jeremy Rhodes
Cheyenne Blagden-Williams	Stephanie Kasinger	Beth Richards
Gregory Blodgett	Allen Keuth	Elinor Richards
Amber Boardman	Toby Lampley	Floyd Richards III
Darcie Boardman	Claire Landay	James A. Richards
Delaina Bommelyn	Diana Landay	Marvin Richards Sr.
Vicki Bommelyn-Rodriguez	Benjamin Larson	Ronald Richards, Sr.
Thomas Brundin III	Erin Larson	Wayne Richards
Dustin Carpenter	Kimberly Leavelle	Elijah Salcedo
Marjorie Cavalier	Landon Leavelle	Levi Sanford
James Chapman	Mason Lehr	Logan Sanford
Nina Creverling	Madyson Lemley	Seth Scaglione
Joshua Criteser	Shaelee Lemon	Michael Schell
Dylan Davis	Aimee Lenihan	Mabel Smith
Bonita DeLa Cruz	Edward A. Lopez	Sheryl Steinruck
Dionne Dillard	Elisabeth Lopez	Suntayea Steinruck
Breanna Ellis	Jason Lopez	Joell Swan
Chance Erkkila	Joshua Lopez	Andrew Thomas
Gregory Fahl	Lilyonna Lopez	Daniel Thomas
Nicole Fillmore	Mattie Lopez	Troy Travis
Brandy Foster	Shoshoni Lopez	Amanda Vandiver
Corbin Fouts	Daniel Lopez-Arcos	Leticia Villegas-Lopez
Marianne Friedley	Vanessa Losh-Freeland	Emelia Webb
Calley Gertsch	Anne Luerra	Clayton Wells
Kim Giovannetti	Gena Marini	Charles Wescovich
Kayla Gochanour	Derek Martin	Tracie Whipple
John Goodlin	Jeremy May	Cecil Wilber
Arturo Guerrero	Michael Maynard	Woloja Willburn
Noe Guerrero	Ethan Mead	Paula Windham
Dylan Hall	Tyler Mickelson	Darlene Woolery
Rachel Hernandez	Darrell Moorehead	Brittany Wyland
Donald Hodges, Sr.	Trever Mouser	Clarence Wyland
Vicky Hoffer	Zachary Netcher	Heather Wyland
William Hostler	Marcos Nunez-Arias	
Bryce Hurd	Layton O'Reilley	
Lucinda Hurt	Patricia Ott	
Rhonda Ingram	Wade W. Owen	
Lisa Irvine	Christy Pavola	
Caila Irwin	Ben Payne	

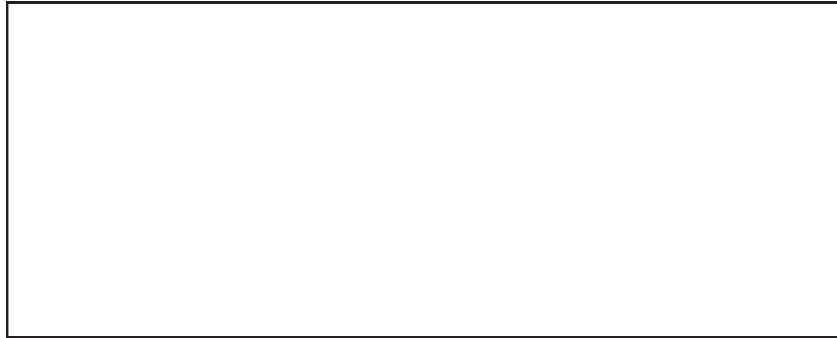


I would like to congratulate my little brother Adrian Lopez and Kristina Gaylord on the birth of their baby girl Kaitlynn June-Rose Lopez. She was born on November 20, 2011 at 1:13am; she was 8lbs 1oz and 20 ½ inches long. Kaitlynn is the great grandchild of the late Mary June Lopez, and the great-great grandchild of the late Robert and Ethel Lopez. Perhaps it was fate that my niece was born on the day my grandmother Mary passed 7 years ago or a mere coincidence but when I looked into her little eyes, minutes after coming into this world I saw so much hope and felt overwhelmed with love. This little person changed all the pain, heartache and sadness I have felt every November 20th since the day my grandmother left this world but from this point on in our family we will be embracing and anticipating this day to come each and every year.

Brother your sweet baby girl will make your love stronger, days shorter, nights longer, bankroll smaller, your home happier, clothes shabbier, your past forgotten, and your future worth living for. When tough times come and you feel like giving up, remember that very moment when you held Kaitlynn for the first time and looked into her sweet innocent eyes, you will realize you still have the courage and strength to keep fighting.

With immense love your sister Andromeda

**HAPPY
NEW
YEAR**



Smith River Rancheria
140 Rowdy Creek Rd
Smith River, CA 95567

Presorted
First Class
U.S. Postage Paid
Smith River, CA
Permit NO. 4

**The 2012 General Membership Meeting
will be held on
Saturday, March 10th, 2012**

